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*Smallpox in Tennessee.*NASHVILLE, TENN., *February 28, 1898.**List of points in Tennessee infected with smallpox, together with number of cases occurring during February.*

Points infected.	Number of cases.	Developed within last ten days.	Color.
Knoxville, Knox County.....	11	5	Black.
Chattanooga, Hamilton County .....	7	2	Do.
Mingo, Claiborne County ....	2	0	1 white, 1 black.
Lenoir City, Loudon County .....	3	0	White.
Johnson City, Washington County .....	11	1	Black.
Jellico, Campbell County .....	8	7	Do.
Newcomb, Campbell County.....	3	0	Do.
Morristown, Hamblen County.....	1	1	White.
Rutledge, Grainger County.....	1	1	Do.

At all of the above points, with the possible exception of Jellico, the disease is being rapidly stamped out, owing to the alertness and vigilance of the respective health officers. Jellico being partly in Kentucky and partly in Tennessee, there has been some delay in inaugurating the proper measures at this point; however, with the prompt action of the health officer of Campbell County, it is hoped that the disease will soon be under control at Jellico.

Owing to the fact that this pest is confined almost entirely to negro miners and those thrown in contact with this class, we think the danger to the public, to a very great extent, is reduced to the minimum, and there is very little danger of infection, if any, in traveling by railway or otherwise. We trust that the same watchfulness given by you during the past month will continue, and also, that no quarantine will be established against points in Tennessee, which we think entirely unnecessary and hurtful, both to travel and commerce, and furnishes no additional protection to the public health.

At all points, not only have those with the disease been promptly cared for, but a strict surveillance is maintained over all who have been exposed to the infection, making it barely possible to come in contact with the disease, unless it is introduced from an adjoining State. In conclusion, we would urge you to inaugurate without delay a general vaccination, and if necessary, revaccination.

Very respectfully, J. A. ALBRIGHT, M. D.,  
*Secretary and Executive Officer State Board of Health.*

*Circulars of precautions against diphtheria and sunstroke issued by the State board of health of Pennsylvania.*

[By order of the State board of health.]

## DIPHTHERIA.

Diphtheria is now the most dreaded disease of childhood. It is exceedingly contagious. The mildest cases may give rise to the most malignant form of the disease. All children are liable to it. No child should be permitted to attend any public school, Sabbath school, church, or other public assemblage from any house where diphtheria exists until permission is given by the health officer. No child is well of this disease so long as there are discharges from the nose, ears, or mouth, and so

long as these continue it should not go to school or mingle with other children. No child suffering with a cold, sore throat, or cough should ever be neglected. Sore throats are often mild forms of diphtheria.

The spread of this disease can be prevented in families, schools, and communities by prompt action. Complete separation of the sick from the well should be insisted upon at once. When the disease becomes widespread, it is best to close the schools, but this will not become necessary if prompt and efficient measures are taken with the first case. Every case of suspected diphtheria should be at once reported to the health officer. No cup, knife, or fork used by a child sick of diphtheria should be used by any other person until it has been placed in scalding water. Persons inserting notices of deaths resulting from this disease in newspapers should announce "of diphtheria" in order that all who have children may be warned to remain away from the house. No public funeral should ever be held in a case of death from diphtheria. The sick room and its contents should be thoroughly disinfected after death or recovery, and such articles as can not be disinfected should be burned.

BENJ'N LEE, M. D.,  
*Secretary.*

GEORGE G. GROFF, M. D., *President.*

#### *Precautions against sunstroke.*

#### CAUSES.

This dangerous illness is caused by excessive heat of the blood (from 100° to 110° F.), which produces great depression of the nervous system. It occurs during the hot season of the year, and usually to those exposed to the hot sun, but it sometimes occurs at night, and also to those exposed to great heat, in glassworks, laundries, furnaces, bakeries, iron foundries, and the engine rooms of steamships. It is largely confined to the hot, close streets and passages of the cities, but is not unknown in the country. Those habituated to the use of alcohol, and the debilitated, are especially predisposed to attacks.

#### PRECAUTIONS.

Dark, close-fitting clothing and such as compresses the chest and neck should be avoided during the heated term. For those obliged to labor in the sun, light clothing and a straw or light felt hat, permitting free circulation of air, are preferable.

On very hot days, one should drink frequently, but in small quantities. A large amount of ice water, cold beer, soda water, mineral water or other iced drink entering the stomach at one time, is injurious.

Cool water, into which oat meal has been stirred, is a safe and refreshing drink. Water should not be drunk in considerable quantities at a lower temperature than spring water, namely, 56° F. Immediate death is often caused by "ice cold" drinks. The immoderate use of alcoholic beverages is also dangerous.

The sleeping room should be freely ventilated and cool. Constipation of the bowels should be avoided. When overheated, work slowly, frequently cooling the head, chest, and back with cold water. Keep a wet cloth or some green leaves in the hat on the head, frequently wetting them with cold water. When, on a very hot day, the skin becomes